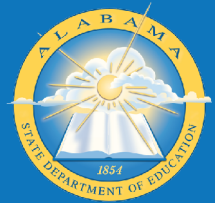


Sudden Cardiac Arrest Act- 2023-235



Sudden cardiac arrest, also known as cardiopulmonary arrest, occurs when the heart abruptly and unexpectedly stops beating. Without any forewarning, the heart ceases to pump blood, causing the person to collapse.



Sudden Cardiac Arrest Action Steps

- 1. Call 911**
- 2. Get an AED**
- 3. Administer CPR**

What are symptoms of Cardiac Arrest in Children?

1. Fainting or seizures during or immediately after exercise
2. Unexplained shortness of breath
3. Dizziness
4. Extreme fatigue
5. Racing heart (feels like it is beating out of your chest)
6. Sudden and unexplained death of a family member under the age of 50 (e.g. drowning, auto accident, SIDS)

How do you prevent Cardiac Arrest?

1. Pre-participation sport physicals
2. Establish a Cardiac Arrest Emergency Plan
3. Practice the Cardiac Arrest Emergency Plan Regularly
4. CPR and AED Training

Simon's Heart

The information provided on this document was retrieved from simonsheart.org. Please visit the website to learn more about Sudden Cardiac Arrest.

Alabama High School Athletic Association

Student/Parent Sudden Cardiac Arrest Awareness Form

SCHOOL: _____

1: Learn the Early Warning Signs

If you or your child has had one or more of these signs, see your primary care physician:

- Fainting suddenly and without warning, especially during exercise or in response to loud sounds like doorbells, alarm clocks or ringing phones
- Unusual chest pain or shortness of breath during exercise
- Family members who had sudden, unexplained and unexpected death before age 50
- Family members who have been diagnosed with a condition that can cause sudden cardiac death, such as hypertrophic cardiomyopathy (HCM) or Long QT syndrome
- A seizure suddenly and without warning, especially during exercise or in response to loud sounds like doorbells, alarm clocks or ringing phones

2: Learn to Recognize Sudden Cardiac Arrest

If you see someone collapse, assume he has experienced sudden cardiac arrest and respond quickly. This victim will be unresponsive, gasping or not breathing normally, and may have some jerking (Seizure like activity). Send for help and start CPR.

3: Learn Hands-Only CPR

Effective CPR saves lives by circulating blood to the brain and other vital organs until rescue teams arrive. It is one of the most important life skills you can learn – and it's easier than ever.

- Call 911 (or ask bystanders to call 911 and get an AED)
- Push hard and fast in the center of the chest. Kneel at the victim's side, place your hands on the lower half of the breastbone, one on top of the other, elbows straight and locked. Push down 2 inches, then up 2 inches, at a rate of 100 times/minute, or to the beat of the song "Stayin' Alive."
- If an Automated External Defibrillator (AED) is available, open it and follow the voice prompts. It will lead you step-by-step through the process and will never shock a victim that does not need a shock.

By signing this sudden cardiac arrest form, I am aware of the dangers of sudden cardiac arrest, and this signed sudden cardiac arrest form will represent myself and my child during the 2024-25 school year. This form will be filed in the school's online eligibility software program along with other accompanying forms required by the AHSAA for athletic participation.

I HAVE READ THIS FORM AND THE ALSDE INFORMATION SHEET AND I UNDERSTAND THE FACTS PRESENTED IN THEM.

Student Name (Printed)

Student Name (Signed)

Date

Parent Name (Printed)

Parent Name (Signed)

Date